LACON CHILDE SCHOOL

PART OF FOUR STONES GATEWAY

PE Department Curriculum

Further study: Sixth Form/ Apprenticeship

Year 11

Whole Me in PE

Whole Me in PE

Evaluation

Components of fitness

Warm-up & cool-down

Knowledge of rules

Skill & Technique mastery

Empathy

Collaboration & teamwork

Problem solving

Innovation

Active involvement

Communication

Safe particpation

Leadership

Application of tactics & strategies

Year 10

Whole Me in PE

Whole Me in PE

Whole Me in PE

Performance

Am I honest in performance?

Which areas are my weakest & why?

How can I outwit others performance?

Why are other's performance more successful & what do I need to do to match it?

Techniques

Do I understand the need to warm-up & prepare for recovery after exercise?

Which component of fitness can be used to benefit my performance?

Do I apply my technique with confidence in different areas of my performance?

Which elements of my technique can be changed to have more power, accuracy, speed?

What is my role within a team?

How can I adapt my strengths & weaknesses of my team?

How do I know I am an effective leader?

Do my skills & qualities show variety?

Can I show contribution Towards the end goal in all aspects of the game ?

Year 9

How effective was my contribution to the play?

Can I use my knowledge of the rules to my advantage?

What roles can I adapt when working with others?

How can I contribute to the task?

Can my technique be adapted to make me more successful?

Which components of physical fitness are my strengths?

Strategies & Tactics

How can I adapt to be more successful?

What are most effective for the position I play?

Teamwork

How do I ensure everyone is included?

How do I know I am an effective member of my team?

Performance

How are components of skill related fitness required in different activities?

How effective was my warm-up?

Am I challenging myself to perform in different positions?

Year 8

Do I know what my strengths and weaknesses are?

What is the difference between a skill and technique? What different rules do I already know?

What is the difference between skill & technique?

Collaboration

What is collaboration & why is it Important?

How can I improve communication?

Communication

How can I show good sportsmanship during competition?

Performance

Am I effective in my performance? How do I know

What is a tactic?

Engagement

How do I adapt my levels of engagement in different sports??

Skill & Technique

What skills & techniques are needed in different sports? How are they the same / different?

Year 7

Why do we warm--up & cool-down?

What is physical literacy?

LACON CHILDE SCHOOL

PART OF FOUR STONES GATEWAY

GCSE PE Department Curriculum

Further study: Sixth Form/ Apprenticeship

GCSE Exam

Paper 1: Human body & movement in Physical activity

Paper 2: Scoio-cultural influences & wellbeing in physical activity & sport

Practical

Year 11

Unit 6 – Health, wellbeing and fitness

Importance of Maintaining Water balance

The key Nutritional groups

Energy use, Nutrition & Diet

Somatotype

Effects of Obesity

Physical, emotional & social health, fitness & well-being

Unit 5C – Ethical Issues

Spectator Behaviour

Prohibited Substances / PED's

Conduct of Performer

Unit 5A – Commercialism of Physical activity & sport

Technological Developments In Sport

The Media & Sponsorship

Commercialisation

Unit 4A – Skill & Ability

Skill Classification

Difference between Skill & ability

Unit 4A – Goals & Targets

Types of Goals

SMART Targets

Motivation

Unit 4B – Information, Guidance & Feedback

Guidance

Feedback

Information Processing

Unit 4C – Sport Psychology

Arousal

Aggression

Personality Types

Motivation

Unit 5A – Social cultural influences

Barriers to participation

Social Groups & Factors Affecting Participation

Year 11

Unit 3 Practical & NEA coursework

Unit 2B - Physical Training

Seasonal Aspects

Warm Up & Cool Down

Exercise Intensity

Unit 2B - Physical Training

Types of Training

Principles of Training

Specific types of training

Unit 2A – Fitness Testing

Fitness Tests

How to carry out Fitness tests

Reasons for & limitations of fitness testing

Unit 2A – Health & Fitness

Reasons for & limitations of fitness testing

The 10 Components Of Fitness

Health & Fitness

Year 10

Unit 1B – Respiratory System

Breathing Mechanics

Spirometer Traces

Pathway & Gaseous Exchange

Unit 1C – Circulatory System

Cardiac Cycle & Pathway

Cardiac Output

Heart & Vessels Structure

Unit 1C – Cardiovascular System

Aerobic/Anaerobic Respiration

Recovery

Effects of Exercise

Year 10

Unit 1B – Muscular system

Muscles

Types of Contraction

Antagonistics & Movements

Unit 1A – Movement analysis

Levers & Mechanical Advantage

Planes / Axis of Movement

Detailed Sporting Examples for Planes & Axis

Unit 1A – Skeletal

Synovial joints

Joint movements

Skeletal functions & bones